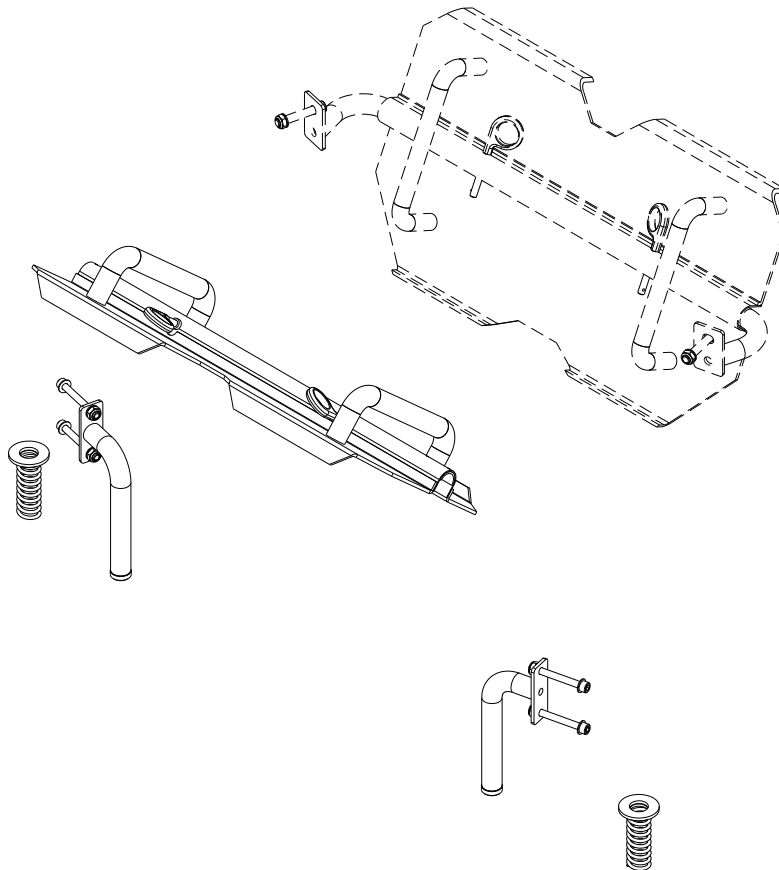


# MONSTER

## F I T N E S S

### OWNER'S MANUAL MON-G6-LP

Monster Fitness G6 Leg Press Attachment



#### **CAUTION!**

Read all precautions and instructions in this manual before using this equipment.

# **ASSEMBLY MANUAL**

## **FORCE USA MONSTER FITNESS COMMERCIAL SYSTEM**

### **BEFORE YOU START**

Remove all parts from the packaging and separate and count each various component to ensure everything has been correctly provided.

Follow the instructions and consult both the individual assembly pages and the overall expanded views of the equipment.

Certain parts may arrive pre-assembled from the factory.

It is the owner's responsibility to ensure that all users of this unit have read the owner's manual and are familiar with the safety precautions.

### **SAFETY PRECAUTIONS**

- Highly recommended for two or more people to assemble the equipment to avoid injury.
- Assemble the equipment on a flat level surface.
- Consider placing a mat under the equipment to protect your floor.
- Wear appropriate footwear and clothing during assembly and use.
- Only tighten nuts and bolts by hand until the whole equipment is assembled
- Ensure you correctly orientate each piece before attaching
- Do not allow children and pets to be unsupervised around the assembly or usage of this equipment.
- Ensure all parts are in full working order before use.
- Only one person should use the machine at any one time.
- Do not use the equipment outdoors or around water.
- Keep hair, fingers or clothing away from moving parts.
- Only use attachments recommended by the manufacturer.
- Never operate if any parts are not functioning correctly.
- Always correctly stretch and warm up before using the equipment.
- **Stop immediately** if you experience any pain, dizziness or nausea. See a doctor at once.

PLEASE NOTE: Descriptions of pieces as LEFT and RIGHT are from the point of view of standing behind the equipment facing towards the front.

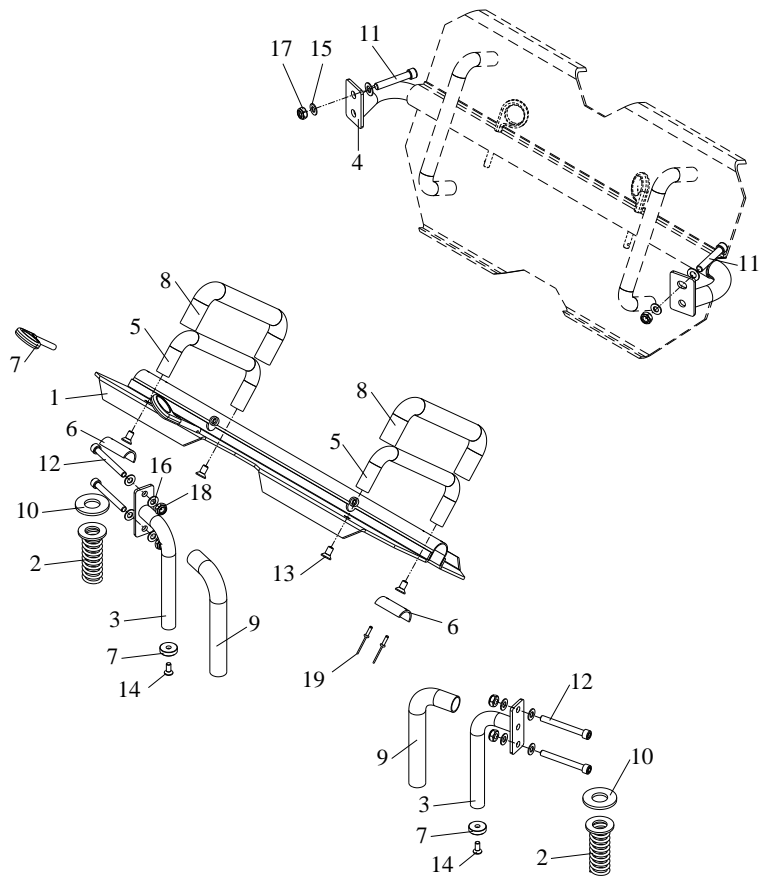
**BEFORE STARTING ANY EXERCISE PROGRAM, CONSULT YOUR DOCTOR. ESPECIALLY IF YOU ARE OVER THE AGE OF 35 OR HAVE PRE-EXISTING HEALTH PROBLEMS.**

**READ ALL INSTRUCTIONS BEFORE ASSEMBLING OR USING ANY FITNESS EQUIPMENT.**

**FORCE USA FITNESS EQUIPMENT ASSUMES NO RESPONSIBILITY FOR PERSONAL INJURY OR PROPERTY DAMAGE SUSTAINED BY OR THROUGH THE USE OF THIS PRODUCT.**

**SAVE THESE INSTRUCTIONS.**

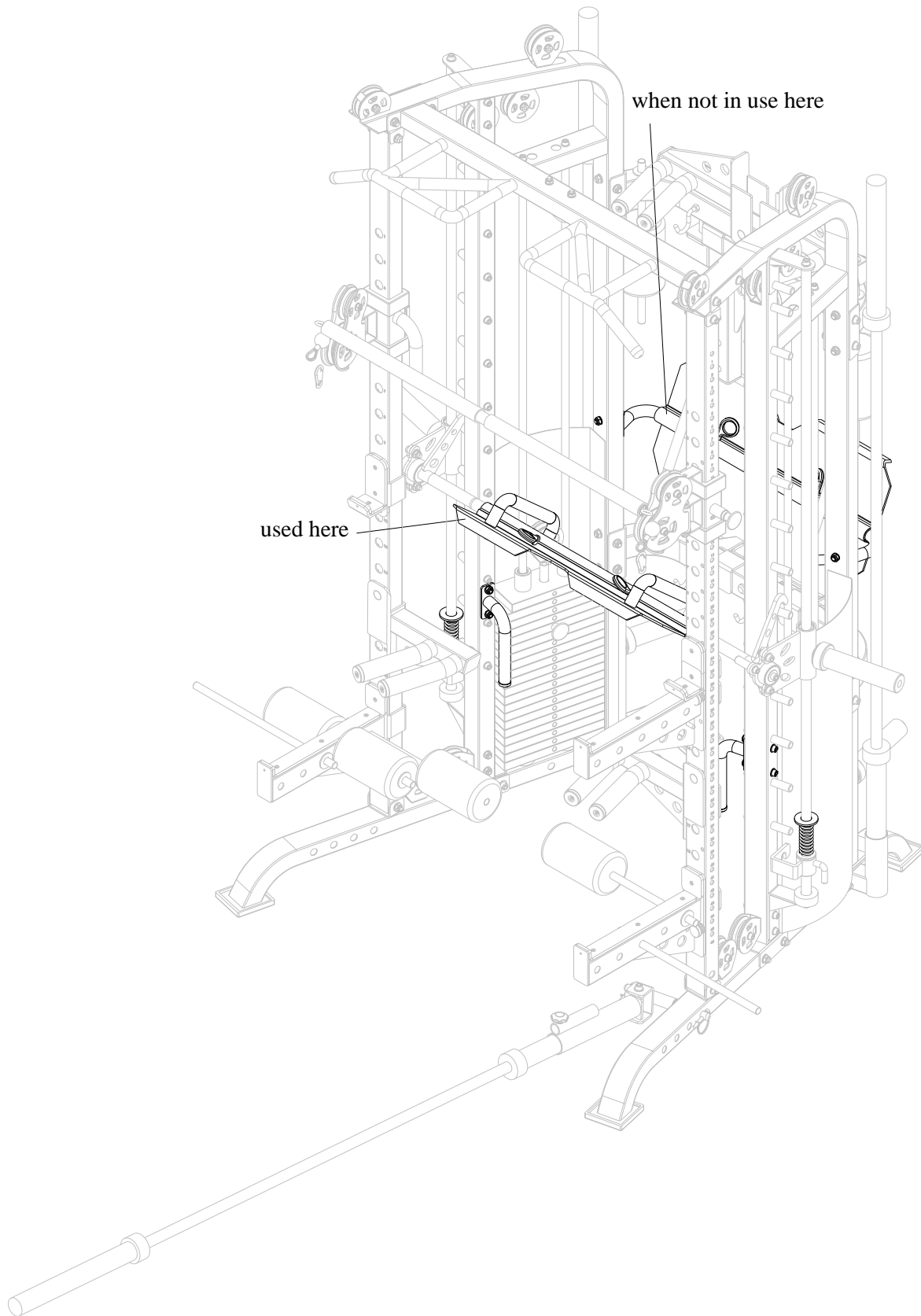
## EXPLODED DIAGRAM

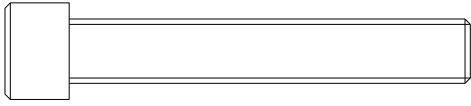


### PART LIST

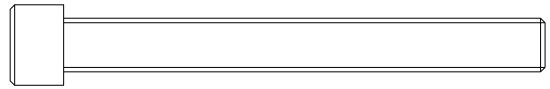
NUMBER	DESCRIPTION	QUANTITY
1	FOOT PLATE	1
2	SPRING	2
3	HANDLE	2
4	PEDAL POLE PLACEMENT	1
5	U HANDLE	2
6	RUBBER BEND PAD	2
7	INSERT PIN	2
8	FOAM FOR U HANDLE	2
9	FOAM	2
10	RUBBER BUFFER	2
11	BOLT M12*75	2
12	BOLT M10*90	4
13	SOCKET HEAD SCREW M10*20	4
14	SOCKET HEAD SCREW M8*25	2
15	WASHER 12	4
16	WASHER 10	8
17	LOCK NUT M12	2
18	LOCK NUT M10	4
19	RIVET	4

## ASSEMBLY POSITION

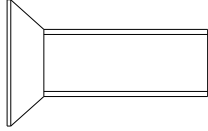




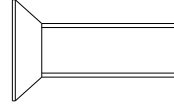
#11 M12 × 75 Socket Cap Screw ( Qty 2 )



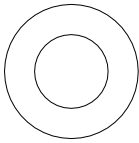
#12 M10 × 90 Socket Cap Screw ( Qty 4 )



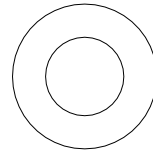
#13 M10 × 20 Socket Head Screw ( Qty 4 )



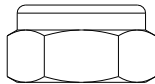
#14 M8 × 25 Socket Screw ( Qty 2 )



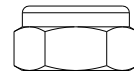
#15 Washer 12 ( Qty 4 )



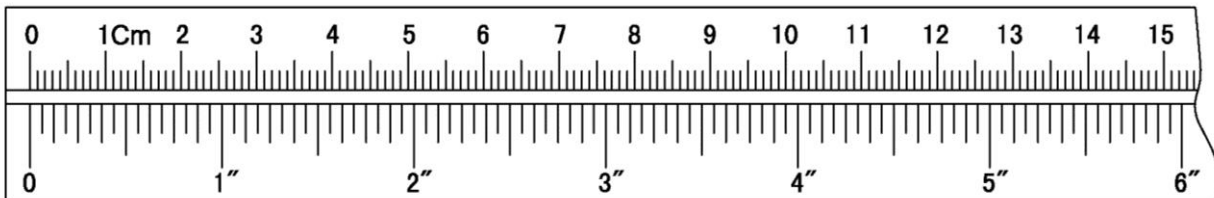
#16 Washer 10 ( Qty 8 )



#17 M12 Lock Nut ( Qty 2 )



#18 M10 Lock Nut ( Qty 4 )



# **MONSTER**

## **F I T N E S S**

### **LIFETIME WARRANTY ON FRAME**

#### **2 YEAR WARRANTY ON MOVING PARTS (Such as cables and pulleys)**

Monster Fitness was designed to be the best value commercial strength equipment. Offering one of the best warranties on the market for your peace of mind, each piece of Monster Fitness strength equipment is hand crafted for quality and we use state-of-the-art production methods for our entire range. The Monster Fitness range of strength equipment carries a Lifetime Structural Warranty along with 2 years cover on all cables and pulleys. This warranty applies to first owners and does not cover second hand equipment or re-sold equipment. This Monster Fitness warranty covers only failures due to defects in structural, cables and pulleys and workmanship that occur during normal use. It will not cover damage that occurs in transport/delivery or failure due to misuse, abuse, neglect, misapplication, alteration or improper assembly of the product. The replacement or repair provided for under the Monster Fitness warranty is the responsibility of the user and the customer will be responsible for any freight charges applicable. Monster Fitness will not be liable for any consequential damages or for breach of any implied warranty on the range of Monster Fitness strength equipment. Monster Fitness reserves the right to provide reconditioned parts and/or to request a return and repair existing defective parts on the Monster Fitness product.